



# *COMMONWEALTH of VIRGINIA*

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

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(Ellen Nau)

**06-76**

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**COMMONWEALTH of VIRGINIA**  
*Department for the Aging*  
Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen M. Nau, Human Services Program Coordinator

**DATE:** March 14, 2006

**SUBJECT: National Family Caregiver Support Program**

**National Lighthouse for the Blind**

The National Lighthouse for the Blind is offering a free time-limited telephone support for eligible individuals who are providing support to an older adult with a vision problem. The Lighthouse intends to run two groups as part of a pilot intervention study and is currently recruiting caregivers for the groups. A master's level counselor who has experience running support groups for caregivers will lead the groups.

Attached is a pdf. recruitment flyer for this program. Further information can be accessed on the Lighthouse's website at [www.lighthouse.org](http://www.lighthouse.org) or from  
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**The National Association of State Units on Aging (NASUA), the Minnesota Board on Aging, The Minnesota Department of Human Services – Aging & Adult Services and Disability Services Division** will host a joint conference, "Seasons of Change in Home and Community Support" on October 3-6, 2006 in Minneapolis, Minnesota at the Hyatt Minneapolis. This will be the 22<sup>nd</sup> annual National Home and

Community Services Conference. It will bring together the national conference attendees with the Minnesota Age and Disabilities Odyssey.

The conference is designed to meet the unique training needs of professionals who administer HCBS programs from around the country, in particular, Medicaid Waiver programs that serve: adults with physical disabilities, children, older adults, persons with Alzheimer's disease/related dementias, developmental disabilities, acquired brain injury (ABI)/traumatic brain injury (TBI), or chronic medical conditions; individuals living with HIV/AIDS; persons who are medically fragile. NASUA is currently accepting proposals for workshops, open forums, and poster sessions. The deadline for submissions is Friday, April 14, 2006. For further information, view the NASUA website at [www.nasua.org](http://www.nasua.org).

# Are you helping an older relative or friend who has a vision problem?

## And do you sometimes feel stressed or down?

**You're not alone!** And you may be eligible to participate in a free Lighthouse International telephone support group for people helping someone age 65+ who is visually impaired.

Led by a Masters-level counselor, this support group will "meet" over the phone every two weeks for 9 one-hour sessions.

### **You will have the opportunity to:**

- share your concerns and issues in the convenience of your own home
- learn practical tips for dealing with stressful situations
- learn how to improve communication, so you can better help your relative or friend
- have a private, one-hour session with the counselor to discuss personal issues

### **Interested in participating?**

Please contact Verena Cimarolli in the Arlene R. Gordon Research Institute at Lighthouse International: tel **(212) 821-9376** or e-mail **[vcimarolli@lighthouse.org](mailto:vcimarolli@lighthouse.org)**.



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